

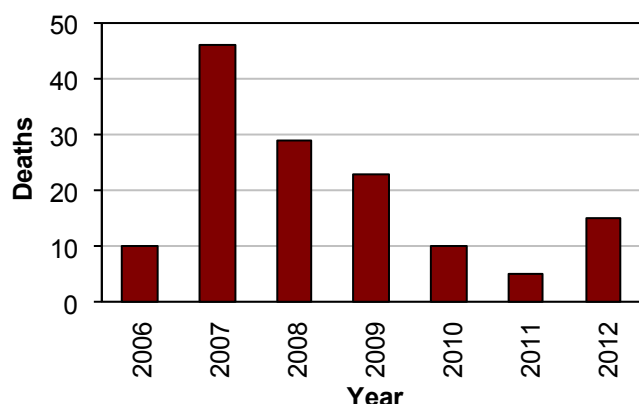
Did you know in 2012:

- 1,024 motor vehicle crashes occurred in Utah involving a drowsy driver.
- 82 people have died in Utah over the last 5 years in drowsy driver crashes.
- 2% of the motor vehicle crashes in Utah involved a drowsy driver.

Drowsy Driving

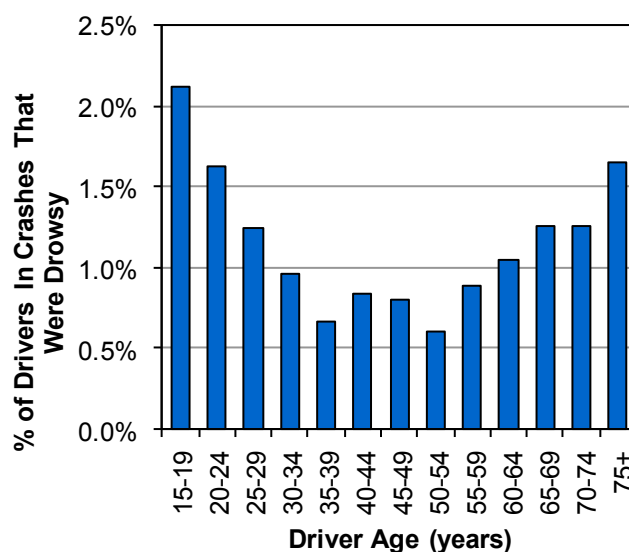


Drowsy Driver Deaths by Year (Utah 2006-2012)



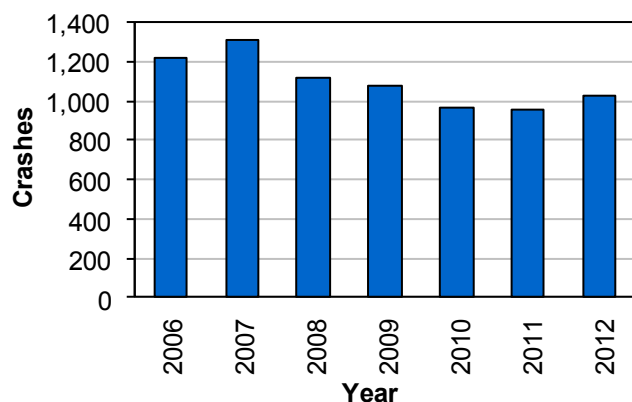
- An average of 20 people die each year from drowsy drivers.

Age of Drowsy Drivers in Crashes (Utah 2012)



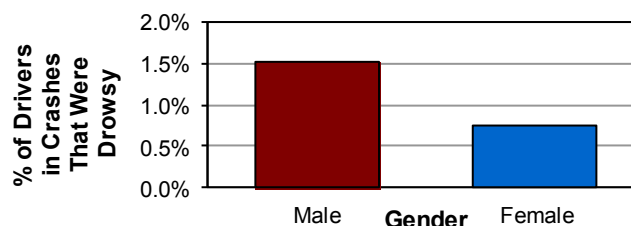
- Drivers aged 15-24 and 75+ had the highest percent of drowsy drivers in crashes.
- Drivers under age 25 years are involved in nearly half (43%) of drowsy driving crashes.

Drowsy Driver Crashes by Year (Utah 2006-2012)



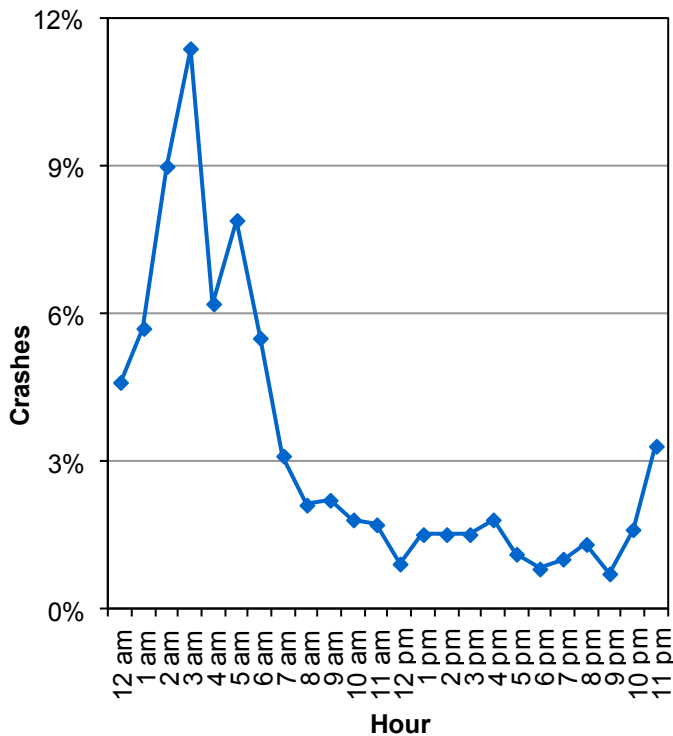
- 2012 saw an increase in drowsy driver crashes after two years of decreasing crashes.

Gender of Drowsy Drivers in Crashes (Utah 2012)



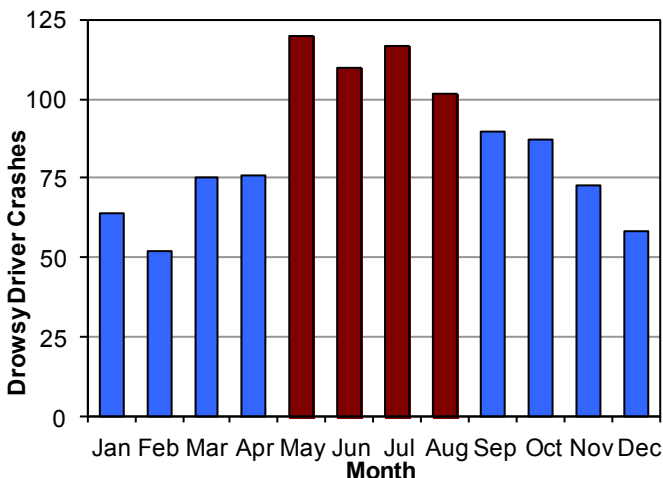
- Males were twice as likely to be in a drowsy driver crash than females.

Percent of Total Crashes with a Drowsy Driver by Hour (Utah 2012)



- While 2% of total crashes involved a drowsy driver, 7% of crashes occurring during the hours of midnight-6:59 a.m. involved a drowsy driver.
- The highest number of drowsy driver crashes occurred during the hours of 6 a.m., 7 a.m., and 4 p.m.

Drowsy Driver Crashes by Month (Utah 2012)

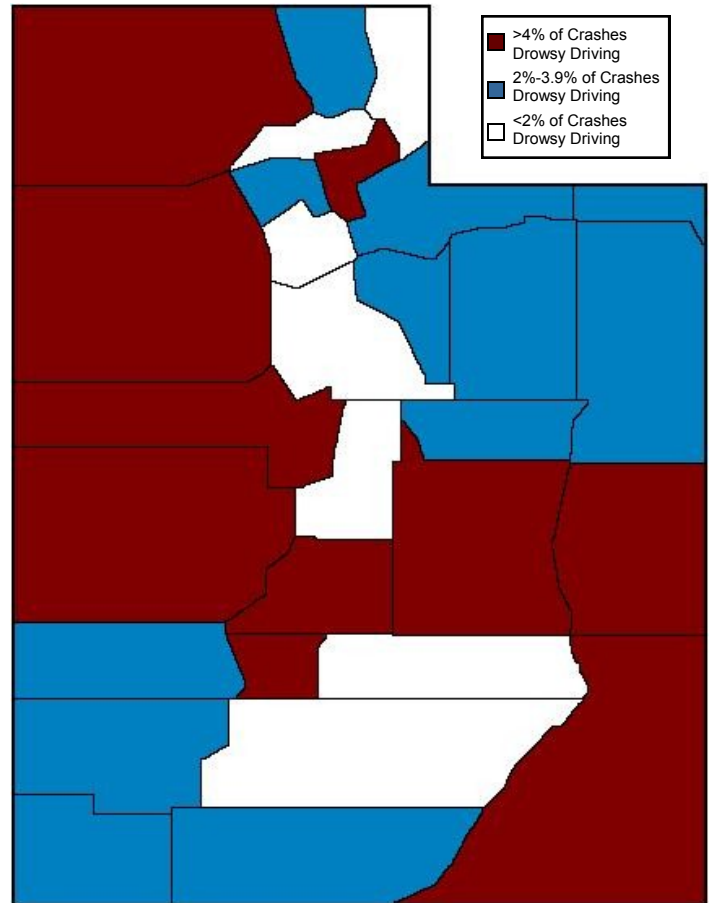


- May through August had the most drowsy driver crashes.

Drowsy Driving



Percent of Total Crashes with a Drowsy Driver by County (Utah 2012)



- Emery, Millard, and Grand Counties had the highest percent of crashes involving drowsy drivers.
- Rural crashes were 2.7 times more likely to involve a drowsy driver than urban crashes.

Before driving:

- **Get adequate sleep - most adults need 7-9 hours to maintain proper alertness during the day**
- **Schedule proper breaks - about every 100 miles or 2 hours during long trips**
- **Arrange for a travel companion - someone to talk with and share driving**
- **Avoid alcohol and sedating medications - check your labels or ask your doctor**